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Identity

A New Report on LGBTQ Youth Sheds Light on the Mental Health Struggles

The Trevor Project surveyed 28,000 LGBTQ young people between the ages of 13 and 24.

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A new survey conducted by The Trevor Project shed light on the mental health struggles and hopes of LGBTQ young people. In a time when anti-LGBTQ legislation is at an all-time high, it's critical to understand the needs of the communities that are being targeted. Through surveying more than 28,000 LGBTQ young people between the ages of 13 and 24, The Trevor Project brings us closer to that understanding. *Teen Vogue* read through the findings and this is what we want you to know.

Nearly 1 in 3 LGBTQ young people said their mental health was poor most of the time or always due to anti-LGBTQ policies – which shows that the political is personal and when politicians advance anti-LGBTQ legislation, they're harming the mental health of their targets. This is especially important to note in 2023, when the highest amount of discriminatory legislation is being proposed in state houses across the country.

LGBTQ young people who had access to affirming homes, schools, community events, and online spaces reported lower rates of attempting suicide compared to those who did not. Affirmation – whether it's in the form of a home environment or an online space – can actually change whether a person attempts suicide. And affirmation can be so simple. It can be respecting someone's pronouns or honoring their sexual orientation.

85% said they pay "somewhat or a lot" of attention to media reports about rights for people who are LGBTQ. It's hard not to pay attention to the flood of news about your community on the daily. Although this may be difficult to handle mentally, it can lead to greater pushback and action from the LGBTQ community.

Roughly half of transgender and nonbinary young people found their school to be gender-affirming, and those who did reported lower rates of attempting suicide. Again, look at how affirmation saves lives. Just in finding their school to be affirming, transgender and nonbinary young people are less likely to attempt suicide.

51% of LGBTQ young people and 64% of transgender and nonbinary young people reported that they have felt discriminated against in the past year due to their sexual orientation or gender identity. One place LGBTQ young people can turn to when they face discrimination is the American Civil Liberties Union, which has detailed information on what discrimination is and what actions can be taken against it.

Affirming gender identity among transgender and nonbinary young people is consistently associated with lower rates of attempting suicide. Again – look at the power of affirmation. With LGBTQ young people at a higher risk of suicide, affirmation of gender identity and sexual orientation couldn't be more important.

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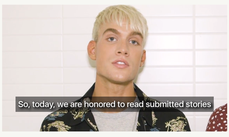

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